



Adapted Sports



Presented by
WCU Adapted Physical Education Graduate Program

Objectives

Participants will be able to:

- Describe 4 Different Types of Adapted Sports
- Participate in Goalball, Sit Down Volleyball, Beep Baseball, and Scooter Hockey
- Discuss Modifications for Classroom Use



GoalBall

- Goalball is a sport for athletes that are visually impaired.
- Goalball was invented in 1946 by Hanz Lorenzen and Sepp Reindle.
- Lorenzen and Reindle created goalball for rehabilitation for blinded war veterans.
- The game was introduced to the world in 1976 at the Paralympics in Toronto, Canada. Goalball will be played at the 2012 London Paralympics!



What is Goalball?

- The objective of goalball is for one team to roll the ball past the other team and into the net while the other team tries to block the ball with their bodies.
- The court is a standard gymnasium volleyball court, which measures 9m wide x 18m long.
- The court has tactile lines so athletes can locate where they are on the court at all times.
- All athletes are blind folded to make all visual impairments equal.



The Ball

- The ball is the size of a basketball and weighs three pounds.

- The ball has bells inside of it.

- Athletes need to listen for the ball so they can locate it during game play.



How do you play?

- The game starts with a coin toss. The team that wins the coin toss can decide if they want to receive the ball first or at the start of the second half.
- The game is made up of two ten minute halves with a three minute halftime. During halftime players switch sides of the court.

The Goalball Court.



How do you play?

- When the athletes hear the ball they fall head first and try to block the ball with their body.
- A goal is when the ball crosses the back line at any time. It does not matter how the ball crosses the line. (i.e., player throw, own team passing it over)
- Once the team has control of the ball they have 10 seconds to throw the ball back to the other side. If the team takes longer than 10 seconds they will receive a team penalty.
- The ball must touch the floor before it hits the over throw line or it will be considered a high ball.



Losing Possession of the Ball

3 Ways to lose the ball-

1. **Premature Throw-** When the ball goes out of bounds the referee must call play before the teams can restart the game. If a player throws the ball before the referee calls play it is considered a premature throw.
2. **Pass Out-** When a player receives the ball they are allowed to pass it to another teammate. If the ball goes out of play during that pass it is considered a pass out.
3. **Ball Over-** When a player is receiving the ball and it bounces off of their body and back over the center line it is considered a ball over.

Penalties



Team Penalties:

- Team Delay of Game
- Team Unsportsmanlike Conduct
- Illegal Coaching

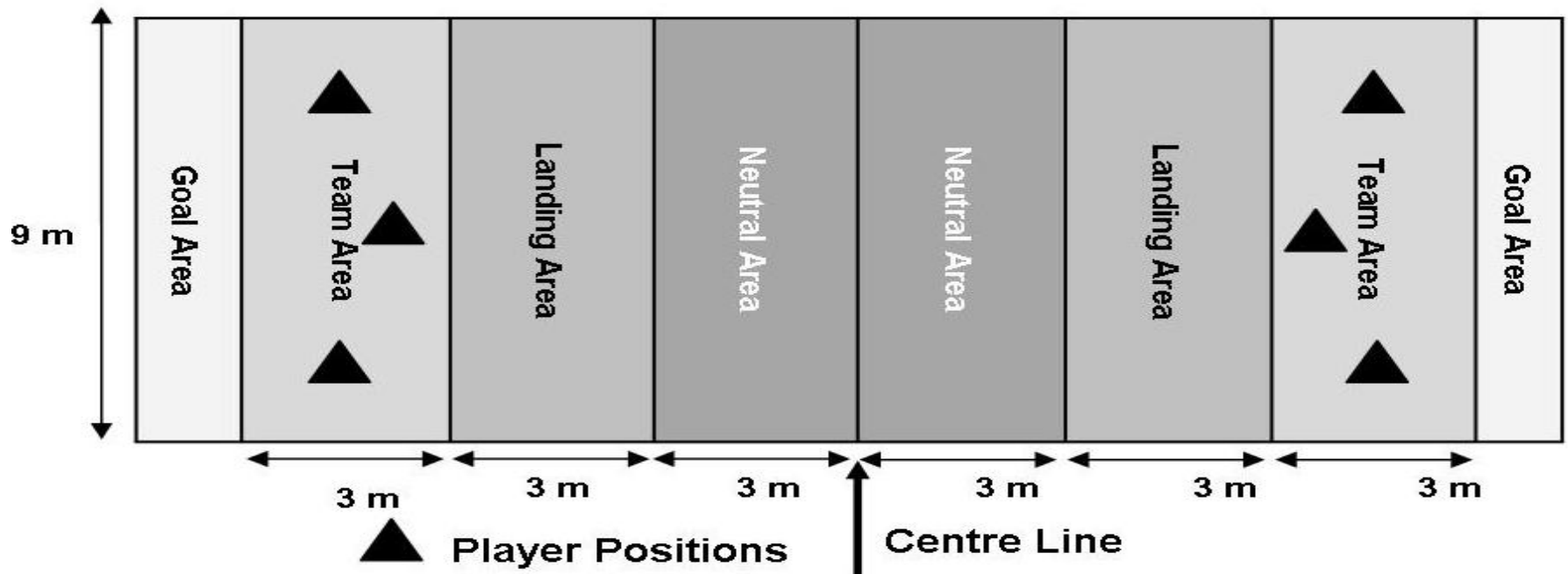
Personal Penalties:

- Highball
- Eyeshades
- Personal Unsportsmanlike Conduct
- Personal Delay of Game
- Long Ball
- Illegal Defense

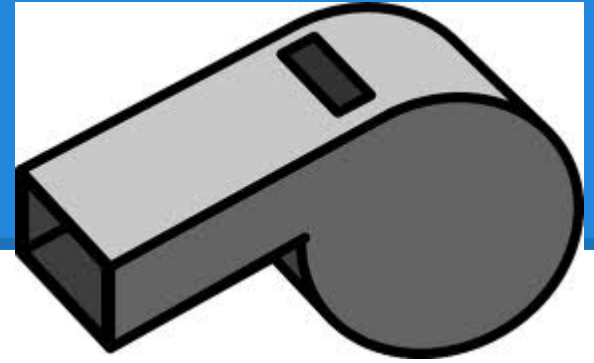
Once a penalty is called one player from that team must stay on the court and block the goal line by themselves. In a personal penalty situations that person who got the penalty must stay on. In a team penalty the last person who shot the ball must stay on.

Modifications

- More players
- Larger ball
- Larger space to play



Where can you play?



PA Goalball-

<http://www.pagoalball.com/>

-Athletes are from Philadelphia and the surrounding suburbs.

-Won National Championships in 1999, 2000, 2002, 2003, 2009

USA Goalball-

<http://www.angelfire.com/hi5/usa-goalball/>

Goalball



[Goalball Video](#)

Sitting Volleyball



Sitting Volleyball

Modified Format of Standing Volleyball

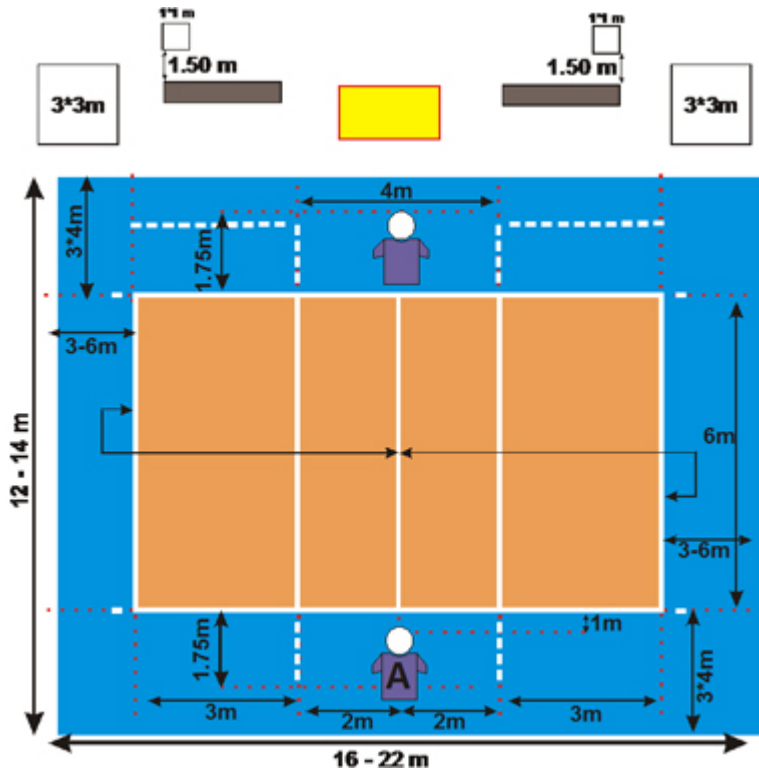
Open to everyone

First introduced at the 1976 Paralympic Games and officially a Paralympic Event in 1980.

International Governing Body is the World Organization Volleyball for Disabled
Governed in the United States
by U.S. Volleyball



Sitting Volleyball - Court



Court Size

10 meters x 6 meters

Net Height

.8 meters high

7 meters wide

6 meters between
antennae

Sitting Volleyball - Rules

6 players per side

Players must stay on their "bottom"

Bottom is defined as upper part of their body; from shoulder to buttock.

Touching beyond the centerline is permitted if part of the hand is at the centerline.

Players may go under the net provided there is no interference to the other team.



Sitting Volleyball - Modifications

Different Size Ball

Larger or Smaller Court

More or Less Players

Play One Bounce

Sitting Volleyball - Resources



USA Volleyball - www.usavolleyball.org

USA Club Sitting Volleyball - www.sittingvolleyball.org

World Organization Volleyball for Disabled (WOVD) - <http://www.wovd.info>

Sitting Volleyball



[Scooter Hockey Video](#)

Beep Baseball

History:

1976 the NBBA was organized for visually impaired adults to play baseball

Local, State, Regional Levels



Beep Baseball

Equipment:



Beep Baseball

Blindfold, Bat



Beep Baseball

Equipment: Bases - two "towers"

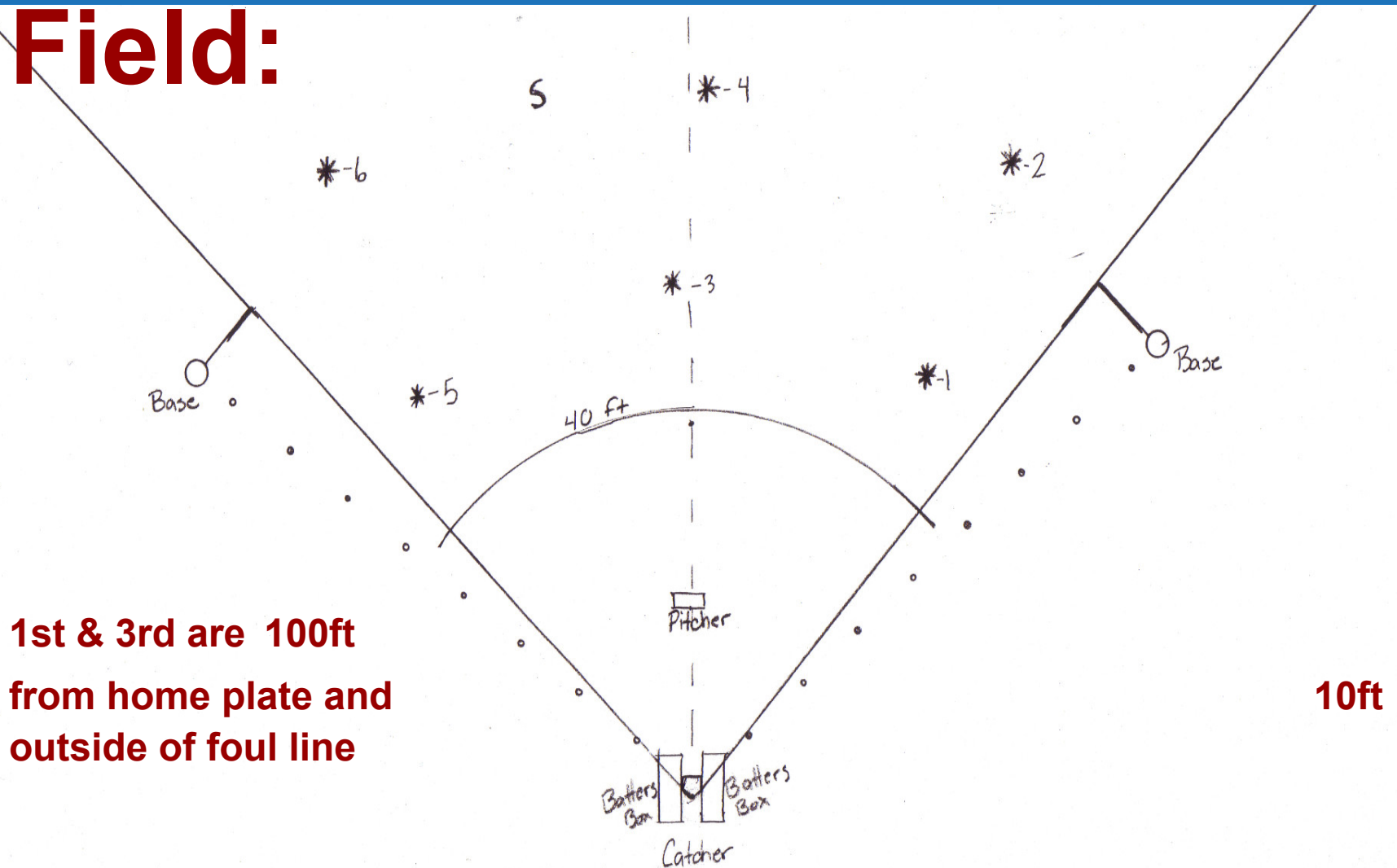


Tower at 1st & 3rd

When ball is hit, base will sound (buzz)

Beep Baseball

Field:



**1st & 3rd are 100ft
from home plate and
outside of foul line**

Beep Baseball

RULES:

- 6 players, 6 innings
- 3 outs/inning, batter is allowed 4 strikes and one pass ball
- When ball is hit, one of the bases will sound
If batter reaches activated base before ball is fielded, a run is scored
- All players visually impaired or blindfolded EXCEPT pitcher and catcher
- 6 fielders (1st, 3rd, short, left, right, center)
- Spotter (non-playing member of defense) may call out a number to signal direction of ball

Beep Baseball

RULES: (Cont'd)

- Pitcher may NOT field
- Pitcher must have one foot on mark and must give two signals: "Ready" and "Ball" or "Pitch"
- Batter has 30 seconds to get from on-deck circle to batter's box



Beep Baseball

Modifications for Physical Education

- Use blindfolds for sighted players
- Use a tee instead of a pitcher
- Shorten length of the baseline
- Place a string from base to base
- Use a larger ball



Beep Baseball



[Beep Ball Video](#)

Scooter Hockey

Scooter Hockey can be played in a variety of styles with endless modifications and adaptations.



Scooter Hockey - What's wrong with this picture?



What's Wrong With This Picture?

Scooter Hockey

Rules & Safety:

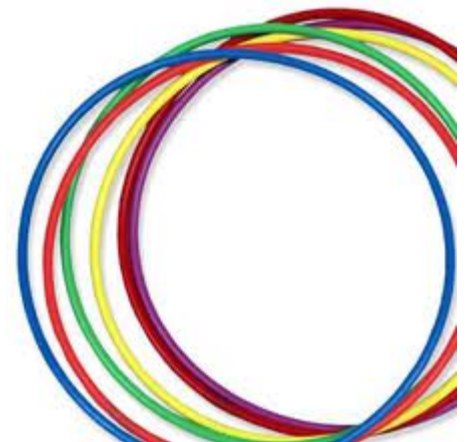
- There are no "Real Rules".
- Your rules should reflect your students abilities, equipment and environment.
- Avoid massive blob play.
- Allow students to play as partners - Teach "HOW TO PLAY"



Scooter Hockey

Equipment Options:

- Link Scooters
- Use Noodles, Hoops or Ropes (limited games)
- Use a mat on top of scooter
- Use variety of sticks, pucks and balls.



Scooter Hockey

Activities & Games:

- Relays - Younger students should begin with developing skills.
- Foosball - Alternate lanes of players (as a foosball table).
- Rugby - Allow a larger scoring area. Use entire endline for players to pass the ball to teammates.
- Boxes/Lanes - Have players stay in their own lanes or boxes.

Scooter Hockey

Modifications & Adaptations:

- Use equipment for success.
- Modify rules for success.
- Rotate students in positions.
- Keep students active as sideline judges.



Lets Play!!!

We are going to practice some of the sports



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